

Michigan Physical Education Content Standards
Comparison Chart
2007

Past Michigan Standards
(Prior to 2/13/07)

Current Michigan Standards
(As of 2/13/07)

| All students will: | A physically educated person: |
|---|---|
| Motor Skills | |
| <ol style="list-style-type: none"> 1. Demonstrate selected fundamental locomotor skills; 2. Demonstrate selected fundamental object control skills; 3. Demonstrate selected postural non-locomotor and body control (movement) skills; 4. Demonstrate selected fundamental rhythmical skills | <ol style="list-style-type: none"> 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. |
| Physical Fitness | |
| <ol style="list-style-type: none"> 5. Participate successfully in selected healthy enhancing, lifelong physical activities; 6. Develop and maintain healthy levels of cardiovascular endurance; 7. Develop and maintain healthy levels of muscular strength and endurance; 8. Develop and maintain healthy levels of flexibility of selected joints of the body; 9. Develop and maintain healthy levels of body composition. | <ol style="list-style-type: none"> 3. Participates regularly in lifelong physical activity. 4. Achieves and maintains a health-enhancing level of physical fitness. |
| Cognitive Concepts | |
| <ol style="list-style-type: none"> 10. Apply the concepts of body awareness, time, space, direction and force to movement; 11. Explain and apply the essential steps in learning motor skills; 12. Describe the effects of activity and inactivity and formulate examples of lifestyle choices that result in the development and maintenance of health-related fitness. | <ol style="list-style-type: none"> 2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. |
| Personal and Social Character Traits | |
| <ol style="list-style-type: none"> 13. Demonstrate appropriate behavior related to selected personal/social character traits that commonly emerge in a physical activity context; and 14. Value physical activity and its contribution to life-long health and well-being. | <ol style="list-style-type: none"> 5. Exhibits responsible personal social behavior that respects self and others in physical activity settings. 6. Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction. |